

September is Falls Prevention Awareness month. To support Falls Prevention Awareness, MCOA is offering a \$150 mini-grant to COAs to host a Fall Prevention Awareness event to be held in September, 2019. MCOA is able to offer this award due to the financial support it receives from Blue Cross Blue Shield of Massachusetts.

Details:

- We are offering grants to COAs who plan a creative way to directly impact someone, either through falls risk screenings by PTs for a large group of people and/or for individuals, providing items that can reduce falls, giving printed checklists for use at home to identify falls risks at home, and other types of interventions.
- We can sponsor up to 30 sites.
- A simple application process is required. Applications must be submitted by July 31, 2019.
- The funded activity must occur in September, 2019
- All invoices should be submitted to MCOA no later than October 31, 2019.
- Grant opportunities are available to COAs who are both members of MCOA and up to date on MCOA dues through the current state fiscal year.

According to national health statistics:

- **Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.**
- **One in four Americans aged 65+ falls each year.**
- **Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall.**

But we can change those numbers if we do a better job of maintaining our strength and balance and reducing threats in our home environments.

What Can the Money Be Used For?

We invite you to propose creative ways that can affect change in how older adults think about what they can do to improve the odds against falling. You could:

- Schedule a falls prevention screening with a physical therapist or using the STEADI assessment tool
- Host an educational seminar about falls prevention and provide items that are known to reduce falls risks, such as non-slip socks, nightlights or slip-prevention strips for the bathtub or shower
- Offer an extra Tai Chi or other Falls Prevention class or demonstration about ways to improve strength and balance
- Give every person a Go4Life exercise manual or DVD

Those are just a few! Tell us what you want to do! If you want to share your ideas for a Falls Prevention Awareness activity with Lynn to confirm that it would be viewed as a strong intervention, please contact Lynn at lynn@mcoaonline.com or 413.527.6425.

Application Instructions and Contract Terms

- To apply, complete the application online at: <https://mcoaonline.com/grants/bid-opportunities/falls-prevention-awareness-month-rfp-application/>
- Applications must be completed by July 31, 2019; contracts will be issued by August 5, 2019.
- General questions about the grant process itself or your COA's eligibility may be directed to my attention, via lynn@mcoaonline.com, or to Shari Cox at shari@mcoaonline.com.
- These grants will be paid out on a "Cost Reimbursement" basis, meaning the COA must incur the costs and then submit an invoice for reimbursement to MCOA. All invoices should be sent to the Grants Manager, during the project period and up to 60 days after the end date for the project period.
 - The address to submit an invoice is: MCOA, Attn: Grants Manager, 116 Pleasant Street, Suite 306, Easthampton, MA 01027.